

Tuna Veggie Antipasto

Rating: ★★★★★

Makes: 6 servings

Ingredients

2 cups carrot (raw, chopped or any of your favorite raw veggies)
2 1/2 cups celery (raw, chopped or any of your favorite raw veggies)
6 ounces tuna, in water (light, drained and flaked)
1 can white beans (15 ounces, or your favorite beans)
2 tablespoons Parmesan cheese (grated)
1/4 cup vinegar (or juice of 2 lemons)
1 tablespoon vegetable oil
1/2 teaspoon dried dill (or 1 tablespoon fresh dill)
1 teaspoon garlic (chopped)

Directions

1. Wash and trim vegetables. Chop into bite size pieces. Place in large bowl.
2. Combine vinegar, dill (or other herbs), garlic and oil. Pour over vegetables.
3. Drain and rinse beans. Break up tuna into smaller chunks.
4. Combine vegetables, beans and tuna; toss gently.
5. Marinate salad overnight to combine flavors.
6. Chill and serve as a light summer lunch or as a picnic side dish.

Notes

- Use salad to fill a pita for a crunchy sandwich.
- Serve on fresh, washed leafy lettuce.
- Add cooked rice or pasta.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	180	
Total Fat	3.5 g	5%
Protein	15 g	
Carbohydrates	21 g	7%
Dietary Fiber	5 g	20%
Saturated Fat	0.5 g	3%
Sodium	110 mg	5%

- Try balsamic vinegar or ½ cup of your favorite salad dressing.
- Be creative and try different herbs and veggie combinations!